

## Abstract

The purpose of the invention is to enhance the body taste, taste and flavor of  
5 foods.

Thus, the present invention is related to a method for enhancing or making  
better body taste or taste of the foods by adding n-3 long-chain highly  
unsaturated fatty acid having 20 or more of carbon atoms and 3 or more of  
10 double bonds, or adding n-6 long-chain highly unsaturated fatty acid having 18  
or more of carbon atoms and 3 or more of double bonds to them.